

R.I.S.E. Workbook

Step Out of Your Comfort Zone and Transform Your Future
Created by Tim Culpepper

Resolve: Commit to Change

Reflection

- Where in your life do you feel stuck?
- What fears are holding you back?

Exercise

Write down one bold decision you've been avoiding:

Action Plan

What small step can you take this week?

Invest: Build Your Skills

Reflection

- What skill or habit would make the biggest difference in your life?
- How have you invested in yourself before?

Exercise

Write down one skill you will commit to learning in the next 30 days:

Action Plan

Resources I'll use:

Time I'll dedicate each week:

Serve: Use Growth to Help Others

Reflection

- Who has served you in your life?
- How did their service impact your journey?

Exercise

Write down one way you can serve someone this week:

Action Plan

Who will I serve?

How will I serve them?

Elevate: Transform Your Future

Reflection

- What does your future self look like one year from now?
- What opportunities will open up if you commit to R.I.S.E.?

Exercise

Write down one word that describes your elevated future self:

Action Plan

Daily habits that will help me elevate:

My R.I.S.E. Plan

Resolve: _____

Invest: _____

Serve: _____

Elevation Word: _____